

**The Recovery Process: 2005**

Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness, and quality of life. *Source: CSAT National Summit on Recovery, 2005*

**Working Definition of Recovery: SAMHSA 2010**

“Recovery is a process of change whereby individuals work to improve their own health and wellness and to live a meaningful life in a community of their choice while striving to achieve their full potential

**SAMHSA December 22, 2011**

Announces a working definition of “recovery” from mental disorders and substance use disorders: “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

**March 2012****SAMHSA Definition was changed to:**

Recovery from Mental Disorders and/or Substance Use Disorders:

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Through the Recovery Support Strategic Initiative, SAMHSA has delineated four major dimensions that support a life in recovery:

- **Health:** overcoming or managing one’s disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and for everyone in recovery, making informed, healthy choices that support physical and emotional wellbeing.
- **Home:** a stable and safe place to live;
- **Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
- **Community:** relationships and social networks that provide support, friendship, love, and hope.